

## Supporting Deer Park Community

*last updated on 12/4/20*

### Groceries:

oats, buckwheat or other gluten free grains

fresh fruit: apples, berries, bananas (organic if possible)

fresh vegetables: cabbage, carrots, kale, onions, garlic (organic if possible)

herbal tea: chamomile, dandelion, tulsi, spice blend

Garden: helping with picking up wood chips and manure (truck required), turning compost, sorting seeds

Administrative: sending out announcements, PR

Thank You!

Your support helps to build and strengthen our community!



